

Supplement F

Internal Meta-Analyses

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Note on internal meta-analyses

Below are all the random and fixed effects meta analyses for the total effects of all paths for which at least two studies provide data. All attention analyses use analyze the meta-analytic effect separately for each attention measure (self-report, time spent reading, and thought relevance) as long as more than one study existed for that given effect. For the experimental effect of meditation, we selected only the comparison common across studies: midnfulness meditation vs. neutral control.

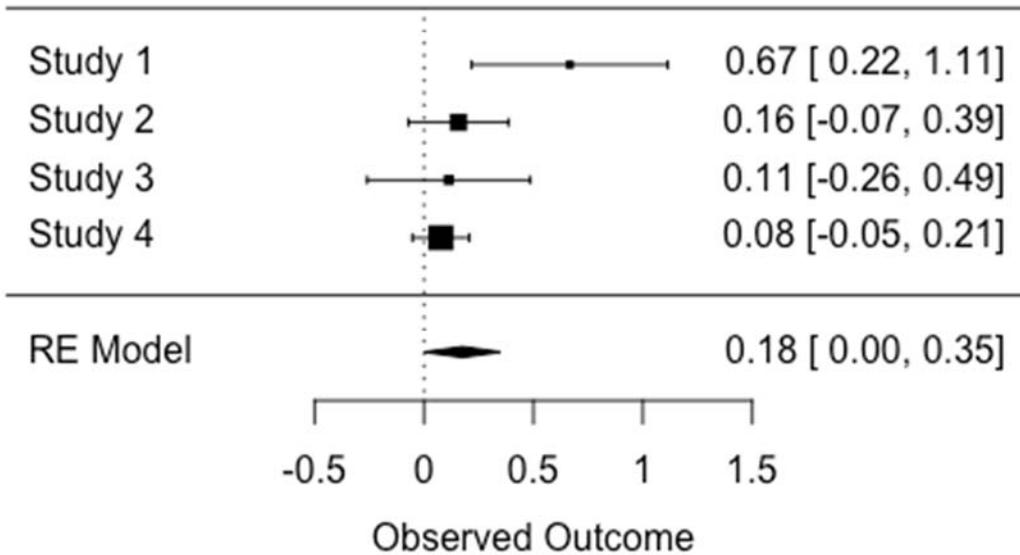
MEDITATION ON ATTENTION

Meditation on Reported Attention

```
**Random Effects Model: Meditation on reported attention
## Warning: Extra argument ('mlab') disregarded.

## Warning in rma(yi = med_att, vi = med_att.var, data = meta.eff, weighted =
## TRUE, : Studies with NAs omitted from model fitting.

##
## Random-Effects Model (k = 4; tau^2 estimator: REML)
##
##    logLik   deviance      AIC      BIC      AICc
##    0.0435   -0.0869   3.9131   2.1103   15.9131
##
## tau^2 (estimated amount of total heterogeneity): 0.0134 (SE = 0.0255)
## tau (square root of estimated tau^2 value):     0.1156
## I^2 (total heterogeneity / total variability): 44.61%
## H^2 (total variability / sampling variability): 1.81
##
## Test for Heterogeneity:
## Q(df = 3) = 6.2014, p-val = 0.1022
##
## Model Results:
##
## estimate      se    zval   pval   ci.lb   ci.ub
##    0.1759  0.0880  1.9977  0.0458  0.0033  0.3485  *
## 
## ---
## Signif. codes:  0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1
```



Meditation on Reading Time

* log-transformed reading time analyses

**Random Effects Model: Meditation on log reading time

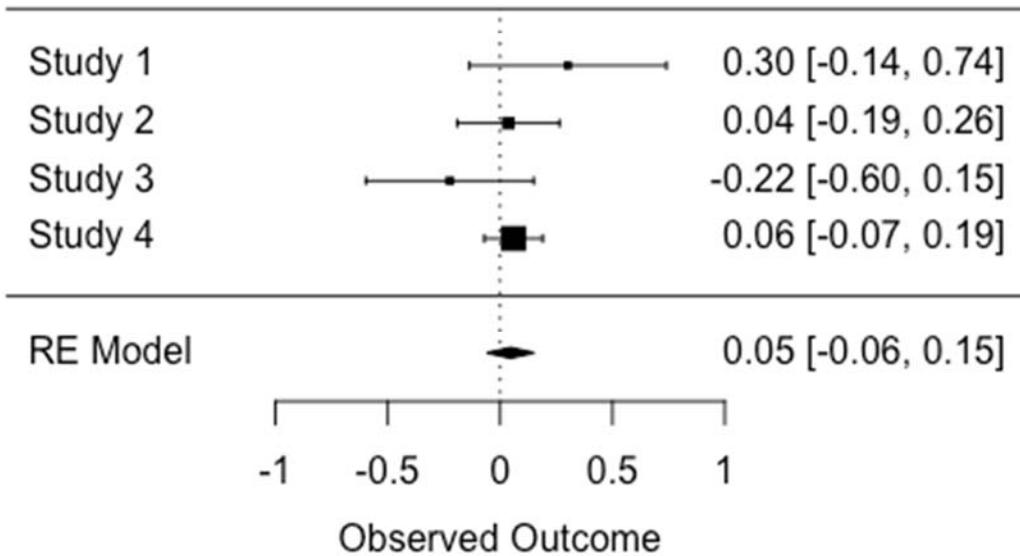
```
## Warning in rma(yi = med_log, vi = med_log.var, data = meta.eff, weighted =
## TRUE, : Studies with NAs omitted from model fitting.

##
## Random-Effects Model (k = 4; tau^2 estimator: REML)
##
##    logLik   deviance      AIC      BIC      AICc
##    1.3467   -2.6934    1.3066   -0.4962   13.3066
##
## tau^2 (estimated amount of total heterogeneity): 0.0000 (SE = 0.0110)
## tau (square root of estimated tau^2 value):     0.0020
## I^2 (total heterogeneity / total variability):  0.02%
## H^2 (total variability / sampling variability): 1.00
##
## Test for Heterogeneity:
## Q(df = 3) = 3.3670, p-val = 0.3384
##
## Model Results:
```

```

## 
## estimate      se     zval    pval    ci.lb    ci.ub
##   0.0462  0.0536  0.8626  0.3884 -0.0588  0.1512
## 
## ---
## Signif. codes:  0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1

```



* raw score reading time analyses

**Random Effects Model: Meditation on raw reading time

```

## Warning in rma(yi = med_read, vi = med_read.var, data = meta.eff, weighted
## = TRUE, : Studies with NAs omitted from model fitting.

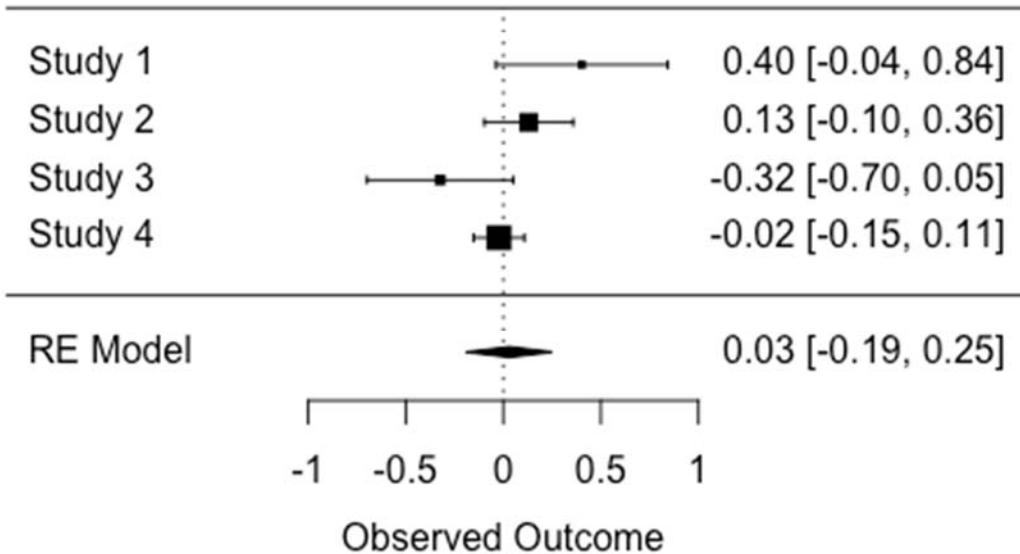
##
## Random-Effects Model (k = 4; tau^2 estimator: REML)
##
##    logLik  deviance      AIC      BIC      AICc
##   -0.3445  0.6889  4.6889  2.8862  16.6889
##
## tau^2 (estimated amount of total heterogeneity): 0.0300 (SE = 0.0411)
## tau (square root of estimated tau^2 value):       0.1731
## I^2 (total heterogeneity / total variability):   64.43%
## H^2 (total variability / sampling variability):  2.81

```

```

## 
## Test for Heterogeneity:
## Q(df = 3) = 7.4205, p-val = 0.0596
## 
## Model Results:
## 
## estimate      se     zval    pval    ci.lb    ci.ub
## 0.0312  0.1121  0.2780  0.7810 -0.1886  0.2509
## 
## ---
## Signif. codes:  0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1

```



MEDITATION ON EXTRANEous AFFECT

Effect of meditation on valence

**Random Effect: Meditation on valence

```

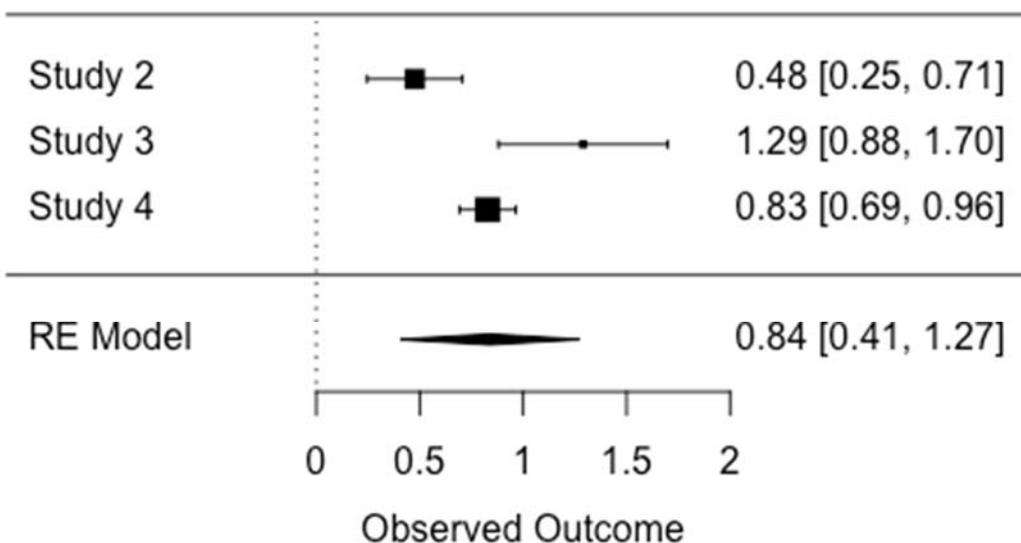
## Warning in rma(yi = med_val, vi = med_val.var, slab = paste(study), data =
## meta.eff, : Studies with NAs omitted from model fitting.
## 
## Random-Effects Model (k = 3; tau^2 estimator: REML)

```

```

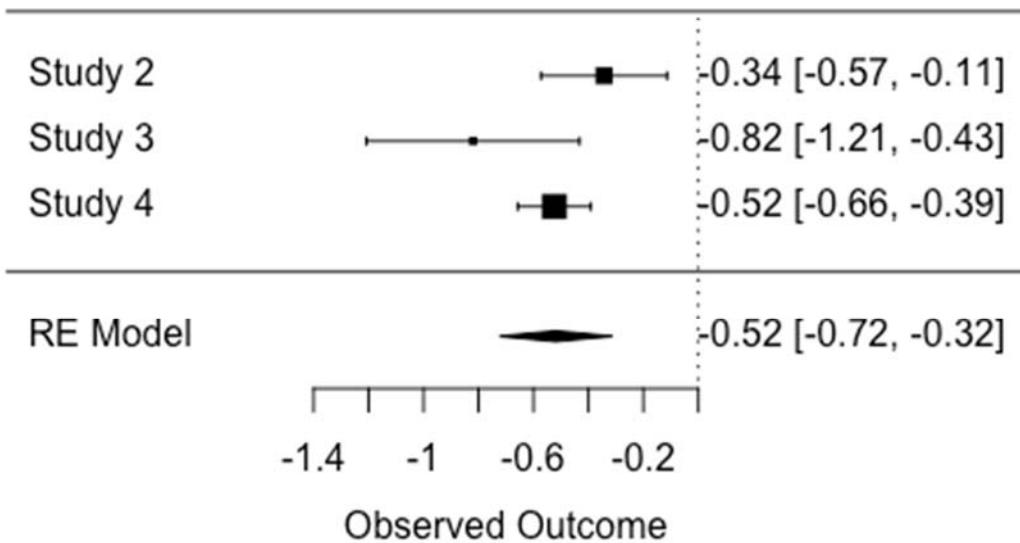
## 
##   logLik  deviance      AIC      BIC      AICC
## -0.9856    1.9711    5.9711    3.3574   17.9711
## 
## tau^2 (estimated amount of total heterogeneity): 0.1270 (SE = 0.1463)
## tau (square root of estimated tau^2 value):     0.3563
## I^2 (total heterogeneity / total variability): 90.00%
## H^2 (total variability / sampling variability): 10.00
## 
## Test for Heterogeneity:
## Q(df = 2) = 13.1324, p-val = 0.0014
## 
## Model Results:
## 
## estimate      se      zval     pval    ci.lb    ci.ub
## 0.8381  0.2206  3.8000  0.0001  0.4058  1.2704  ***
## 
## ---
## Signif. codes: 0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1

```



Effect of meditation on arousal

```
## Warning in rma(yi = med_ar, vi = med_ar.var, data = meta.eff, weighted = ## TRUE, : Studies with NAs omitted from model fitting.  
##  
## Random-Effects Model (k = 3; tau^2 estimator: REML)  
##  
##    logLik  deviance      AIC      BIC      AICc  
##    0.2142   -0.4284   3.5716   0.9579   15.5716  
##  
## tau^2 (estimated amount of total heterogeneity): 0.0182 (SE = 0.0332)  
## tau (square root of estimated tau^2 value):     0.1348  
## I^2 (total heterogeneity / total variability): 57.25%  
## H^2 (total variability / sampling variability): 2.34  
##  
## Test for Heterogeneity:  
## Q(df = 2) = 4.5274, p-val = 0.1040  
##  
## Model Results:  
##  
## estimate      se      zval     pval    ci.lb    ci.ub  
## -0.5186  0.1038  -4.9954  <.0001  -0.7221  -0.3151  ***  
##  
## ---  
## Signif. codes:  0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1
```



MEDITATION TO COMPREHENSION

****Random Effects Model: Meditation on comprehension**

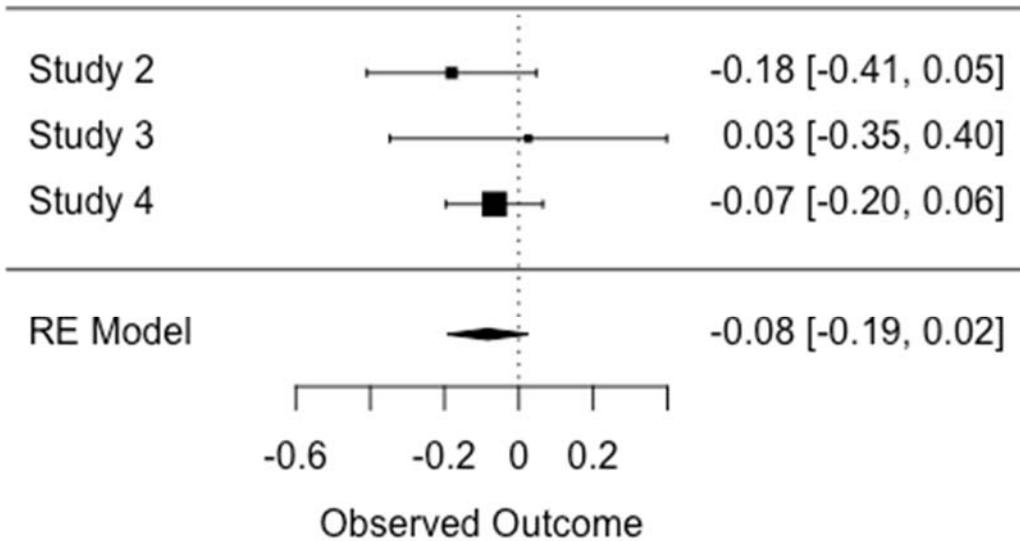
```
## Warning in rma(yi = med_comp, vi = med_comp.var, data = meta.eff, weighted
## = TRUE, : Studies with NAs omitted from model fitting.

##
## Random-Effects Model (k = 3; tau^2 estimator: REML)
##
##    logLik   deviance      AIC      BIC     AICc
##    1.7878   -3.5756   0.4244  -2.1893  12.4244
##
## tau^2 (estimated amount of total heterogeneity): 0 (SE = 0.0116)
## tau (square root of estimated tau^2 value):      0
## I^2 (total heterogeneity / total variability):  0.00%
## H^2 (total variability / sampling variability): 1.00
##
## Test for Heterogeneity:
## Q(df = 2) = 1.1038, p-val = 0.5759
##
## Model Results:
```

```

## estimate      se     zval    pval    ci.lb    ci.ub
## -0.0839  0.0551  -1.5211  0.1282  -0.1919  0.0242
##
## ---
## Signif. codes:  0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1

```



EXTRANEous AFFECT TO ATTENTION

Valence and Reported Attention

**Random Effects Model: Correlation between valence and attention

```

## Warning in rma(yi = val_att.r, vi = val_att.var, data = meta.eff, weighted
## = TRUE, : Studies with NAs omitted from model fitting.

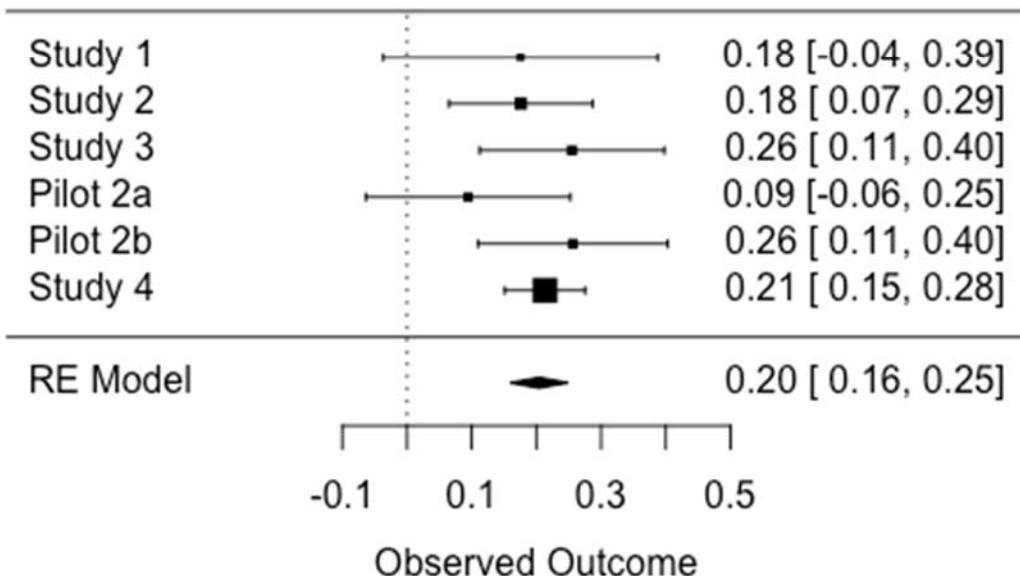
##
## Random-Effects Model (k = 6; tau^2 estimator: REML)
##
##      logLik   deviance      AIC      BIC      AICc
##      7.1869  -14.3738  -10.3738  -11.1550  -4.3738
##
## tau^2 (estimated amount of total heterogeneity): 0 (SE = 0.0020)
## tau (square root of estimated tau^2 value):      0

```

```

## I^2 (total heterogeneity / total variability): 0.00%
## H^2 (total variability / sampling variability): 1.00
##
## Test for Heterogeneity:
## Q(df = 5) = 3.2305, p-val = 0.6645
##
## Model Results:
##
## estimate      se    zval   pval   ci.lb   ci.ub
## 0.2041  0.0228  8.9418 <.0001  0.1594  0.2489  ***
## ---
## Signif. codes: 0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1

```



Arousal and Reported Attention

****Random Effects Model: Correlation between arousal and attention**

```

## Warning in rma(yi = ar_att.r, vi = ar_att.var, data = meta.eff, slab =
## paste(study)): Studies with NAs omitted from model fitting.

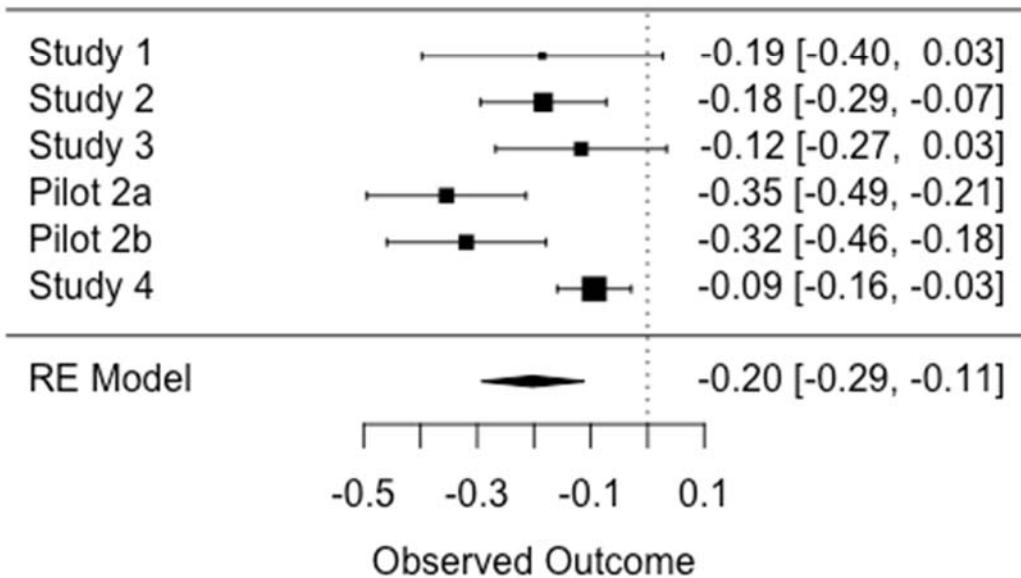
##
## Random-Effects Model (k = 6; tau^2 estimator: REML)
##
```

```

##   logLik  deviance      AIC      BIC     AICC
## 3.9211   -7.8423   -3.8423   -4.6234   2.1577
##
## tau^2 (estimated amount of total heterogeneity): 0.0081 (SE = 0.0080)
## tau (square root of estimated tau^2 value):      0.0903
## I^2 (total heterogeneity / total variability):   68.16%
## H^2 (total variability / sampling variability):  3.14
##
## Test for Heterogeneity:
## Q(df = 5) = 16.7952, p-val = 0.0049
##
## Model Results:
##
## estimate      se      zval     pval    ci.lb    ci.ub
## -0.2023  0.0462  -4.3802  <.0001  -0.2928  -0.1118 ***

## ---
## Signif. codes:  0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1

```

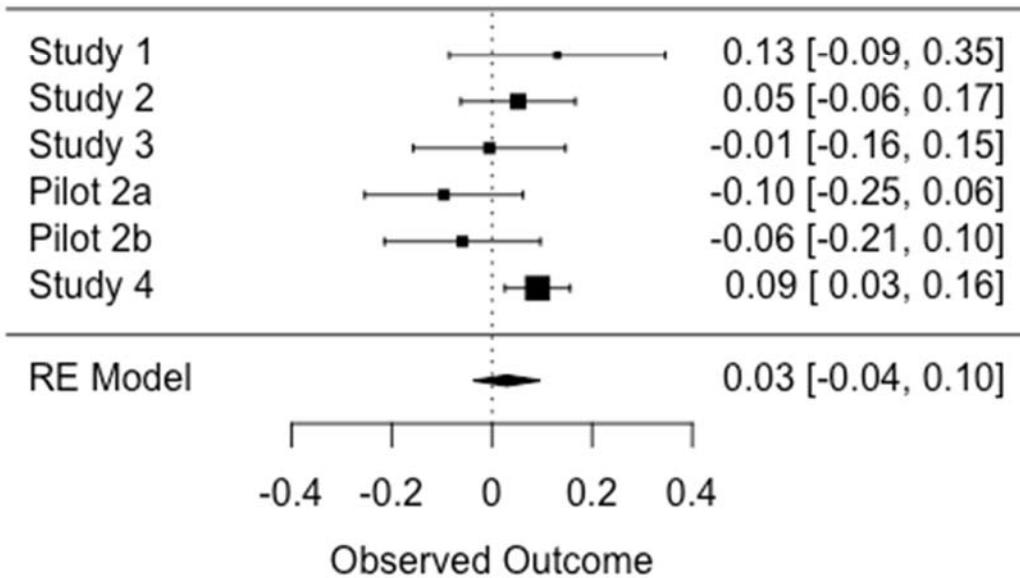


Valence and Reading Time

*With log-transformed reading time #####**Random Effects Model: Correlation between valence and log reading time

```
## Warning in rma(yi = val_log.r, vi = val_log.var, data = meta.eff, weighted
## = T, : Studies with NAs omitted from model fitting.

##
## Random-Effects Model (k = 6; tau^2 estimator: REML)
##
##   logLik  deviance      AIC      BIC      AICc
##   5.2186 -10.4371 -6.4371 -7.2183 -0.4371
##
## tau^2 (estimated amount of total heterogeneity): 0.0024 (SE = 0.0042)
## tau (square root of estimated tau^2 value):     0.0486
## I^2 (total heterogeneity / total variability): 36.23%
## H^2 (total variability / sampling variability): 1.57
##
## Test for Heterogeneity:
## Q(df = 5) = 7.7131, p-val = 0.1728
##
## Model Results:
##
## estimate      se    zval   pval    ci.lb    ci.ub
##   0.0297  0.0337  0.8804  0.3787 -0.0364  0.0958
##
## ---
## Signif. codes:  0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1
```



*With raw reading time scores #####** Random Effects Model: Correlation between valence and raw reading time

```

## Warning in rma(yi = val_read.r, vi = val_read.var, data = meta.eff,
## weighted = T, : Studies with NAs omitted from model fitting.

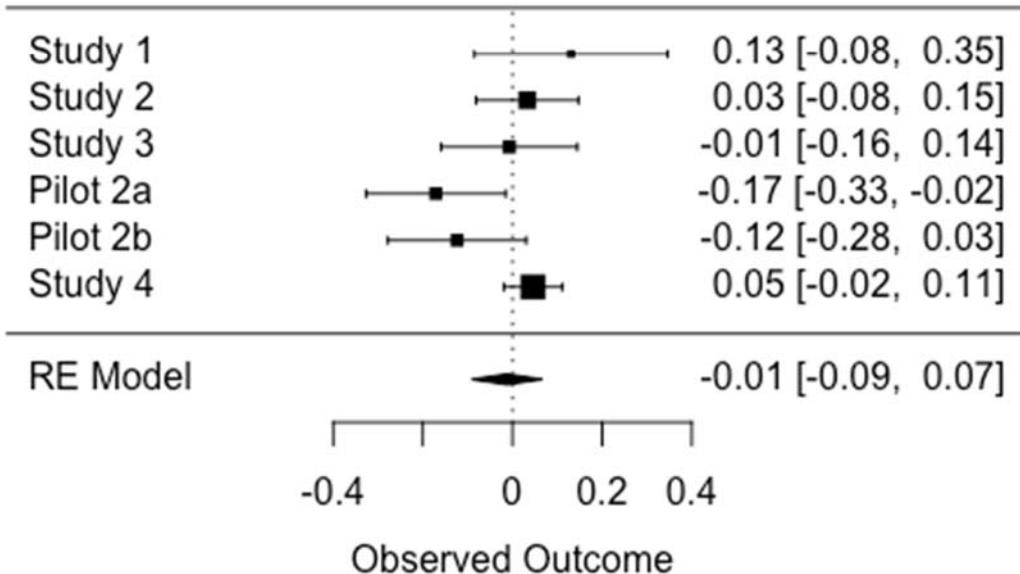
##
## Random-Effects Model (k = 6; tau^2 estimator: REML)
##
##    logLik   deviance      AIC      BIC      AICc
##    4.1463   -8.2926   -4.2926   -5.0737   1.7074
##
## tau^2 (estimated amount of total heterogeneity): 0.0047 (SE = 0.0059)
## tau (square root of estimated tau^2 value):       0.0689
## I^2 (total heterogeneity / total variability): 53.46%
## H^2 (total variability / sampling variability): 2.15
##
## Test for Heterogeneity:
## Q(df = 5) = 10.6454, p-val = 0.0589
##
## Model Results:
##
## estimate      se      zval     pval     ci.lb     ci.ub
## -0.0125  0.0399  -0.3123  0.7548  -0.0907  0.0658

```

```

## 
## ---
## Signif. codes:  0 '****' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1

```



Arousal and Reading Time

* With log-transformed reading time scores

**Random Effects Model: Correlation between arousal and raw reading time

```

## Warning in rma(yi = ar_log.r, vi = ar_log.var, data = meta.eff, weighted =
## T, : Studies with NAs omitted from model fitting.

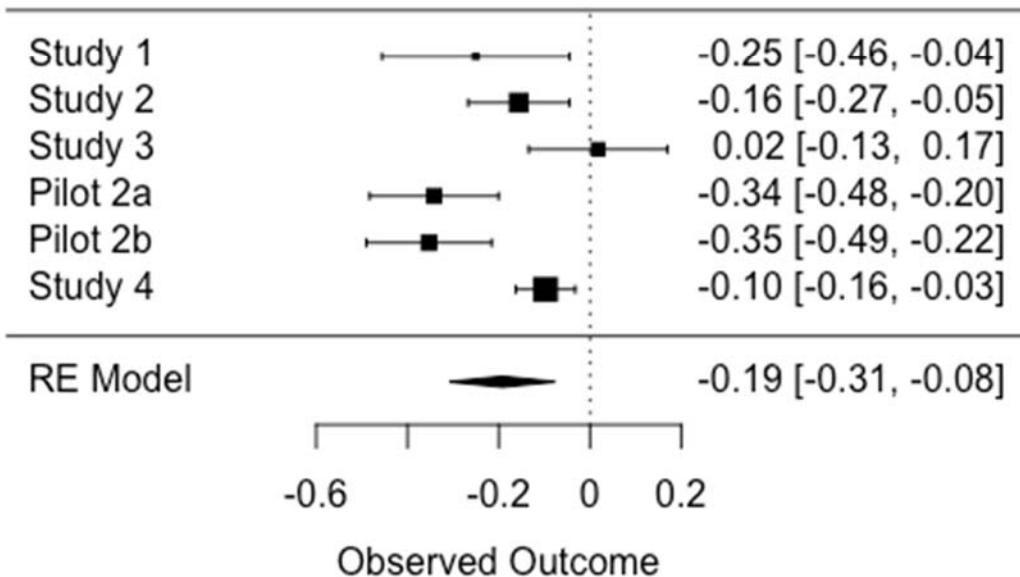
##
## Random-Effects Model (k = 6; tau^2 estimator: REML)
##
##    logLik   deviance      AIC      BIC     AICc
##    2.5517   -5.1034   -1.1034   -1.8845   4.8966
##
## tau^2 (estimated amount of total heterogeneity): 0.0159 (SE = 0.0131)
## tau (square root of estimated tau^2 value):       0.1263
## I^2 (total heterogeneity / total variability):   80.83%
## H^2 (total variability / sampling variability):  5.22
##

```

```

## Test for Heterogeneity:
## Q(df = 5) = 23.4757, p-val = 0.0003
##
## Model Results:
##
## estimate      se      zval     pval    ci.lb    ci.ub
## -0.1919  0.0588  -3.2616  0.0011  -0.3072  -0.0766  **
## 
## ---
## Signif. codes:  0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1

```



* With raw reading time scores

**Random Effects Model: Correlation between arousal and log reading time

```

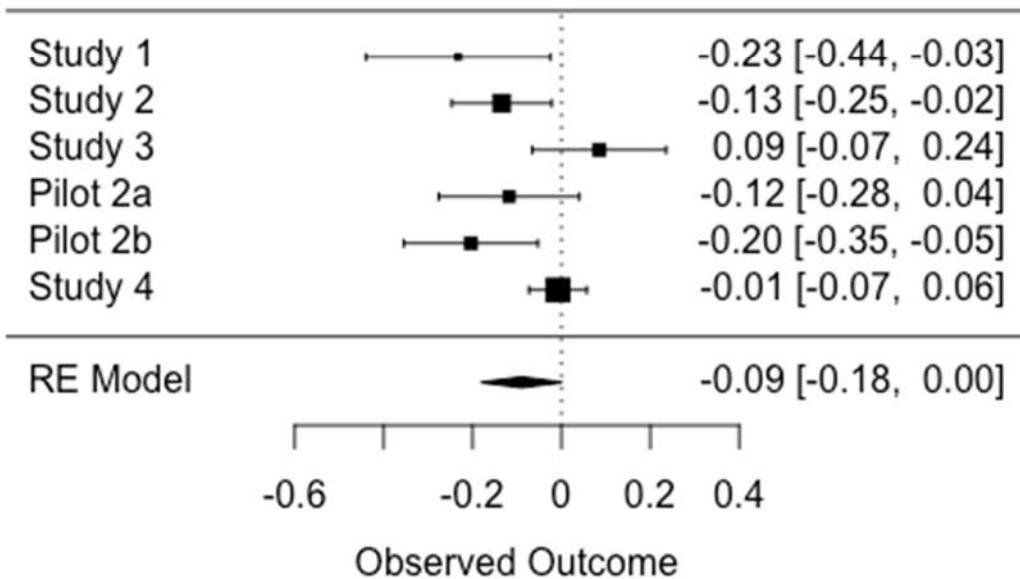
## Warning in rma(yi = ar_read.r, vi = ar_read.var, data = meta.eff, weighted
## = T, : Studies with NAs omitted from model fitting.

##
## Random-Effects Model (k = 6; tau^2 estimator: REML)
##
##      logLik   deviance       AIC       BIC       AICc
##      3.6104   -7.2209   -3.2209  -4.0020   2.7791
## 
```

```

## tau^2 (estimated amount of total heterogeneity): 0.0080 (SE = 0.0081)
## tau (square root of estimated tau^2 value):      0.0893
## I^2 (total heterogeneity / total variability):   66.27%
## H^2 (total variability / sampling variability):  2.96
##
## Test for Heterogeneity:
## Q(df = 5) = 14.3897, p-val = 0.0133
##
## Model Results:
##
## estimate      se      zval     pval    ci.lb    ci.ub
## -0.0895  0.0464  -1.9293  0.0537  -0.1805  0.0014  .
##
## ---
## Signif. codes:  0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1

```



Valence and Thought Relevance

**Random Effects Model: Correlation between valence and thought relevance

```

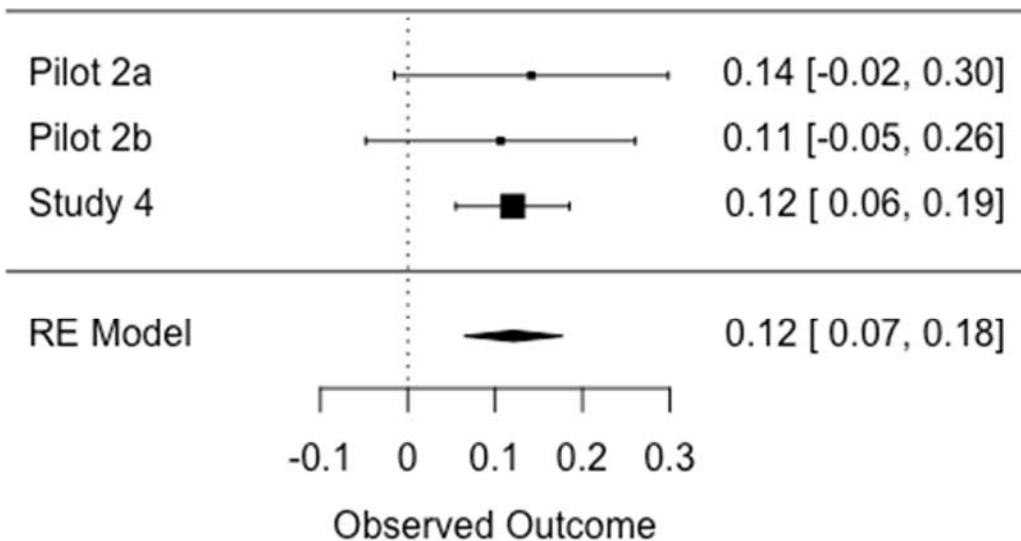
## Warning in rma(yi = rel_val.r, vi = rel_val.var, data = meta.eff, weighted
## = T, : Studies with NAs omitted from model fitting.

```

```

## 
## Random-Effects Model (k = 3; tau^2 estimator: REML)
## 
##    logLik  deviance      AIC      BIC      AICc
##    3.5784   -7.1568   -3.1568   -5.7706   8.8432
## 
## tau^2 (estimated amount of total heterogeneity): 0 (SE = 0.0037)
## tau (square root of estimated tau^2 value):      0
## I^2 (total heterogeneity / total variability): 0.00%
## H^2 (total variability / sampling variability): 1.00
## 
## Test for Heterogeneity:
## Q(df = 2) = 0.1011, p-val = 0.9507
## 
## Model Results:
## 
## estimate     se    zval   pval   ci.lb   ci.ub
## 0.1210  0.0286  4.2373 <.0001  0.0650  0.1769  ***
## 
## ---
## Signif. codes: 0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1

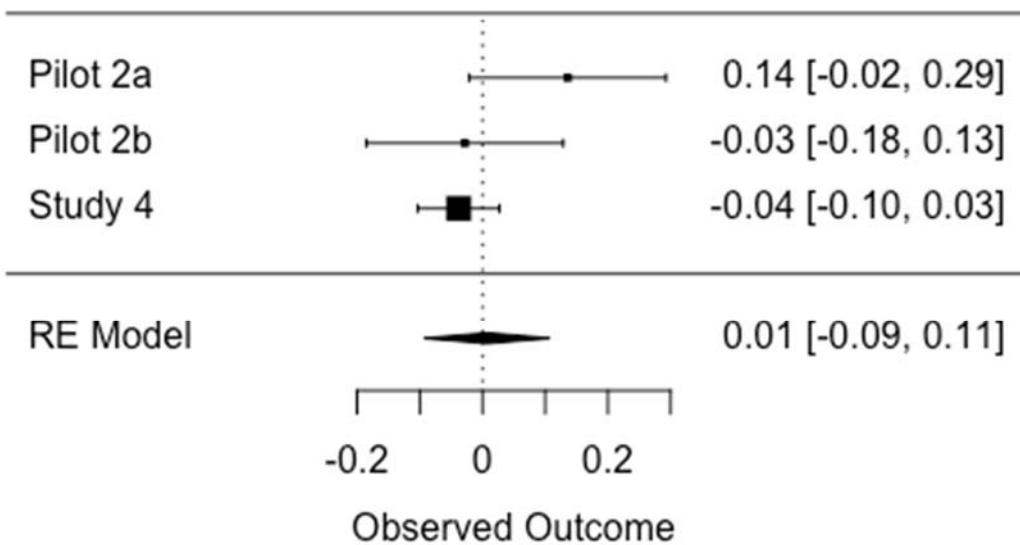
```



Arousal and Thought Relevance

```
## Warning in rma(yi = rel_ar.r, vi = rel_ar.var, data = meta.eff, weighted = ## T, : Studies with NAs omitted from model fitting.

## Random-Effects Model (k = 3; tau^2 estimator: REML)
##
##    logLik   deviance      AIC      BIC      AICc
##    1.8792   -3.7583    0.2417   -2.3720   12.2417
##
## tau^2 (estimated amount of total heterogeneity): 0.0041 (SE = 0.0082)
## tau (square root of estimated tau^2 value):     0.0638
## I^2 (total heterogeneity / total variability): 50.69%
## H^2 (total variability / sampling variability): 2.03
##
## Test for Heterogeneity:
## Q(df = 2) = 4.0653, p-val = 0.1310
##
## Model Results:
##
## estimate      se    zval   pval    ci.lb    ci.ub
## 0.0077  0.0510  0.1503  0.8805  -0.0923  0.1076
##
## ---
## Signif. codes: 0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1
```



ATTENTION TO COMPREHENSION

Reported Attention and Comprehension

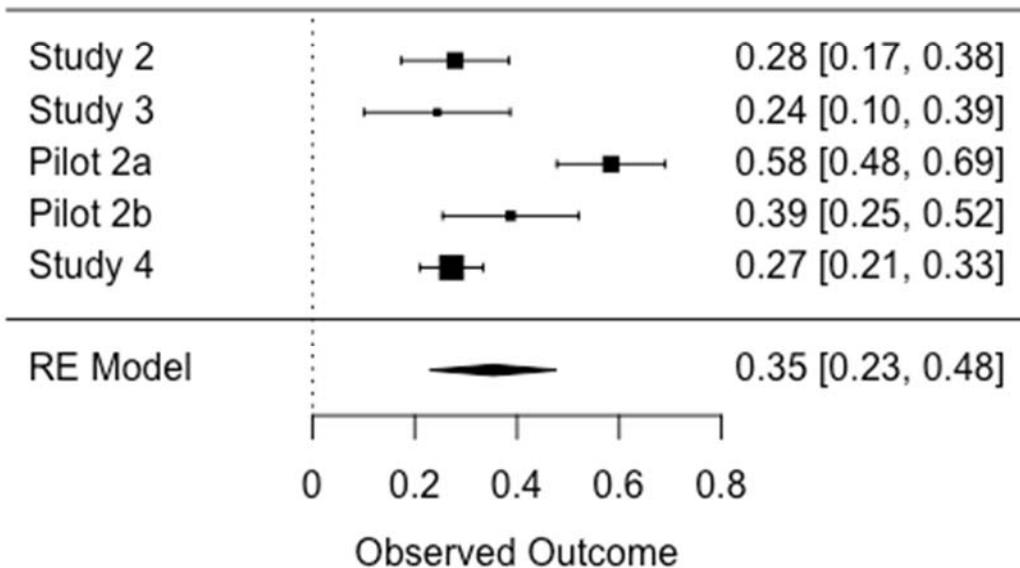
```
## Random Effects Model: Correlation between attention and comprehension
## Warning in rma(yi = att_comp.r, vi = att_comp.var, data = meta.eff,
## weighted = T, : Studies with NAs omitted from model fitting.

##
## Random-Effects Model (k = 5; tau^2 estimator: REML)
##
##      logLik   deviance      AIC      BIC      AICc
##      2.1644   -4.3287   -0.3287  -1.5561  11.6713
##
## tau^2 (estimated amount of total heterogeneity): 0.0168 (SE = 0.0141)
## tau (square root of estimated tau^2 value):      0.1295
## I^2 (total heterogeneity / total variability):  86.01%
## H^2 (total variability / sampling variability): 7.15
##
## Test for Heterogeneity:
## Q(df = 4) = 28.5930, p-val < .0001
```

```

## 
## Model Results:
## 
## estimate      se     zval    pval   ci.lb   ci.ub
## 0.3534  0.0633  5.5866 <.0001  0.2294  0.4773 *** 
## 
## --- 
## Signif. codes:  0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1

```



Reading Time and Comprehension

* With log-transformed reading time scores

** Random Effects Model: Correlation between log reading time and comprehension

```

## Warning in rma(yi = log_comp.r, vi = log_comp.var, data = meta.eff,
## weighted = T, : Studies with NAs omitted from model fitting.

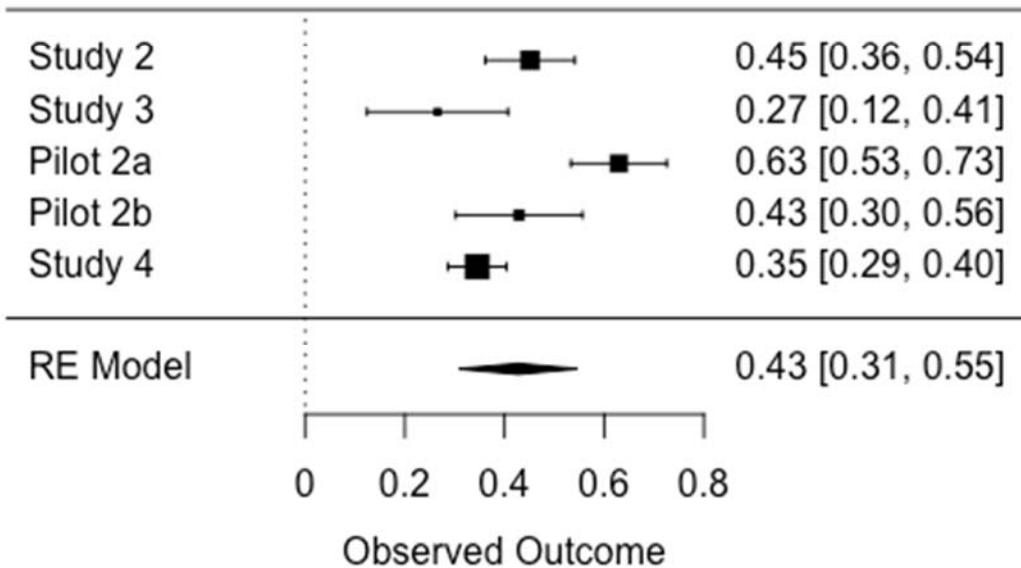
## 
## Random-Effects Model (k = 5; tau^2 estimator: REML)
## 
##      logLik  deviance      AIC      BIC      AICC
##      2.3215 -4.6430 -0.6430 -1.8704  11.3570
## 

```

```

## tau^2 (estimated amount of total heterogeneity): 0.0153 (SE = 0.0128)
## tau (square root of estimated tau^2 value):      0.1236
## I^2 (total heterogeneity / total variability):   86.82%
## H^2 (total variability / sampling variability): 7.59
##
## Test for Heterogeneity:
## Q(df = 4) = 29.5018, p-val < .0001
##
## Model Results:
##
## estimate      se    zval   pval   ci.lb   ci.ub
## 0.4271  0.0602  7.0957 <.0001  0.3091  0.5450  ***
## 
## ---
## Signif. codes:  0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1

```



* With raw reading time scores

**Random Effects Model: Correlation between raw reading time and comprehension

```

## Warning in rma(yi = read_comp.r, vi = read_comp.var, data = meta.eff,
## weighted = T, : Studies with NAs omitted from model fitting.

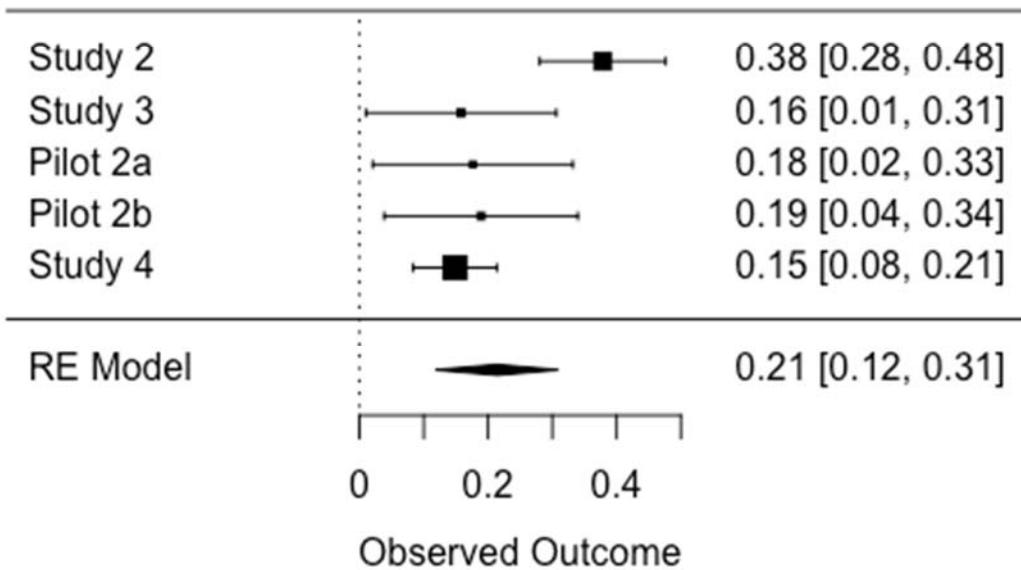
```

```

## 
## Random-Effects Model (k = 5; tau^2 estimator: REML)
## 
##    logLik  deviance      AIC      BIC     AICc
##    3.4378   -6.8756   -2.8756   -4.1030   9.1244
## 
## tau^2 (estimated amount of total heterogeneity): 0.0077 (SE = 0.0082)
## tau (square root of estimated tau^2 value):       0.0879
## I^2 (total heterogeneity / total variability):   70.24%
## H^2 (total variability / sampling variability):  3.36
## 
## Test for Heterogeneity:
## Q(df = 4) = 15.4608, p-val = 0.0038
## 
## Model Results:
## 
## estimate      se      zval     pval    ci.lb    ci.ub
## 0.2139  0.0482  4.4381 <.0001  0.1195  0.3084 ***

## ---
## Signif. codes:  0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1

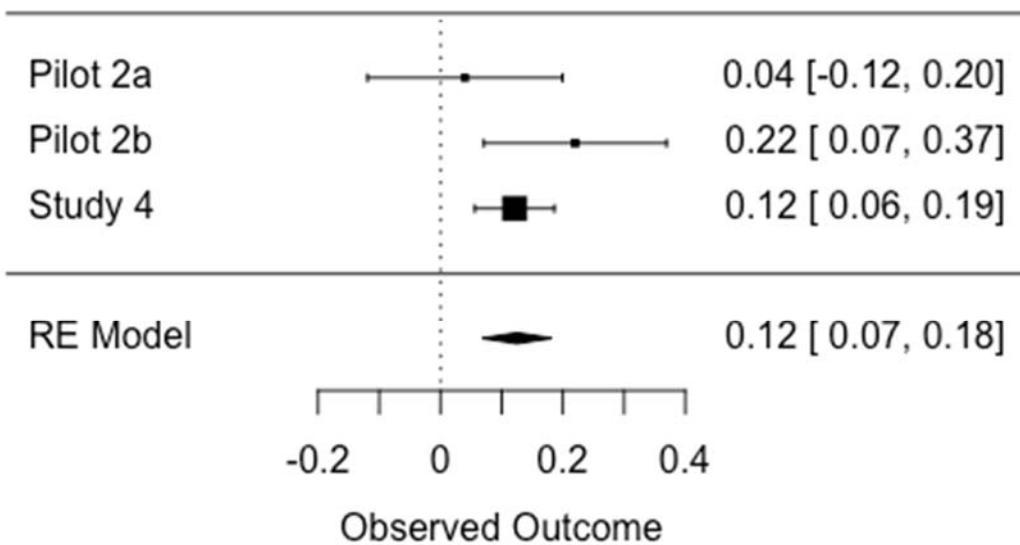
```



Thought Relevance and Comprehension

```
## **Random Effects Model: Correlation between thought relevance and comprehension
## Warning in rma(yi = rel_comp.r, vi = rel_comp.var, data = meta.eff,
## weighted = T, : Studies with NAs omitted from model fitting.

##
## Random-Effects Model (k = 3; tau^2 estimator: REML)
##
##   logLik  deviance      AIC      BIC      AICc
##   2.3117   -4.6234   -0.6234   -3.2371   11.3766
##
## tau^2 (estimated amount of total heterogeneity): 0.0000 (SE = 0.0036)
## tau (square root of estimated tau^2 value):     0.0003
## I^2 (total heterogeneity / total variability):  0.00%
## H^2 (total variability / sampling variability): 1.00
##
## Test for Heterogeneity:
## Q(df = 2) = 2.6653, p-val = 0.2638
##
## Model Results:
##
## estimate      se    zval   pval   ci.lb   ci.ub
##   0.1250  0.0285  4.3888 <.0001  0.0692  0.1808  ***
## 
## ---
## Signif. codes:  0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1
```



EXTRANEous AFFECT TO COMPREHENSION

Arousal and Comprehension

****Random Effects Model: Correlation between arousal and comprehension**

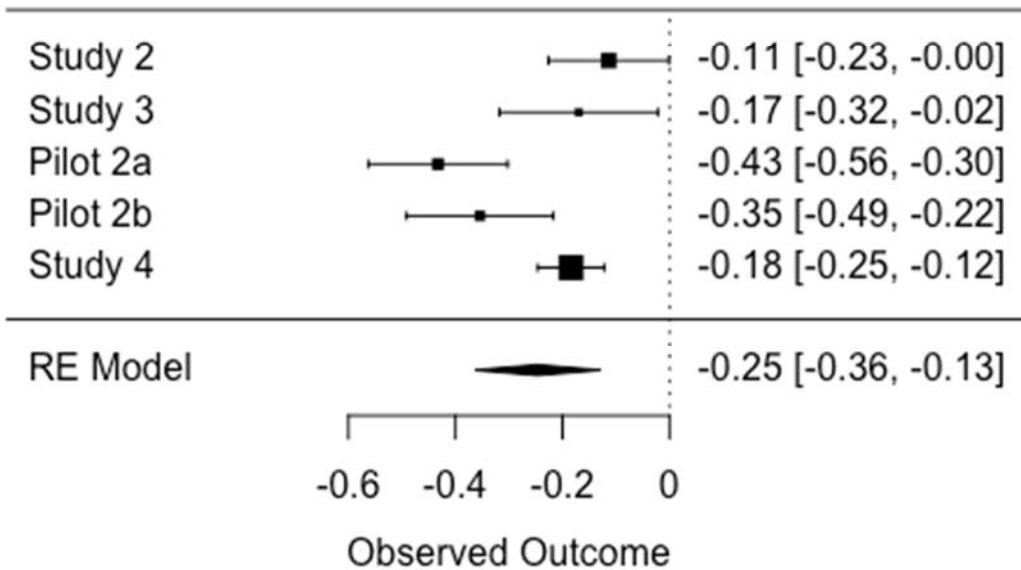
```
## Warning in rma(yi = ar_comp.r, vi = ar_comp.var, data = meta.eff, weighted
## = T, : Studies with NAs omitted from model fitting.

##
## Random-Effects Model (k = 5; tau^2 estimator: REML)
##
##    logLik   deviance      AIC      BIC     AICc
##    2.3410   -4.6820   -0.6820  -1.9094  11.3180
##
## tau^2 (estimated amount of total heterogeneity): 0.0141 (SE = 0.0126)
## tau (square root of estimated tau^2 value):     0.1187
## I^2 (total heterogeneity / total variability):  81.77%
## H^2 (total variability / sampling variability): 5.49
##
## Test for Heterogeneity:
## Q(df = 4) = 19.1335, p-val = 0.0007
```

```

## 
## Model Results:
## 
## estimate      se      zval     pval    ci.lb    ci.ub
## -0.2468  0.0597  -4.1365  <.0001  -0.3637  -0.1298  ***
## 
## --- 
## Signif. codes:  0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1

```



Valence and Comprehension

**Random Effects Model: Correlation between valence and comprehension

```

## Warning in rma(yi = val_comp.r, vi = val_comp.var, data = meta.eff,
## weighted = T, : Studies with NAs omitted from model fitting.

## 
## Random-Effects Model (k = 5; tau^2 estimator: REML)
## 
##      logLik   deviance      AIC      BIC      AICC
##      5.5277  -11.0554  -7.0554  -8.2828  4.9446
## 
## tau^2 (estimated amount of total heterogeneity): 0 (SE = 0.0022)
## tau (square root of estimated tau^2 value):      0

```

```

## I^2 (total heterogeneity / total variability): 0.00%
## H^2 (total variability / sampling variability): 1.00
##
## Test for Heterogeneity:
## Q(df = 4) = 3.4777, p-val = 0.4813
##
## Model Results:
##
## estimate      se    zval   pval   ci.lb   ci.ub
## 0.0168  0.0244  0.6890  0.4908 -0.0310  0.0646
##
## ---
## Signif. codes: 0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1

```

